

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

February 2013



OFFICE HOURS

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IMPORTANT NUMBERS

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The Woodland Connexion

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February Is National Bird Feeding Month

The activity department will be making bird feeders to place outside of the facility.



New Year's Eve Lunch

The Courts residents wrapped up 2012 in style. A group traveled to Wasabi Japanese Steakhouse & Sushi Bar in Lynchburg, Virginia, to enjoy great food prepared by a chef at a personal table. The whole group dined on traditional Japanese food, and some even had traditional Japanese drinks.

Following the meal the group went out for ice cream. A great time was had by all.



Richard Holley, Elsie Wilson, Sara Smith,
Loretta Reardon, Lois Nervig,
Marie Powers, Mac McLaughlin

Ride in the Country



Brookview residents recently went for a drive in the country. The Woodland van was packed with residents as they traveled through Hampden-Sydney. They also went to Briery Creek and Sandy River. Residents reminisced about old times and past experiences. Everyone thoroughly enjoyed the scenic drive and cannot wait for the next excursion. The residents will be going on regular rides to see how communities are thriving in the country.

Upcoming Activities

- * Brookview
- Valentine's Day Tea
- Super Bowl Party
- * Holly Manor
- Pre Super Bowl Party
- Mardi Gras Celebration
- * The Courts
- Deliver Cards to VA Hospital
- Bon Appetit Club



Sarah McIntosh, Braden David McIntosh,
and David Stables



Activities

Shopping Trip

Every Tuesday residents have the option to go shopping at Walmart. Transportation leaves the Brookview lobby at 9:45 a.m. This is an independent activity.



Manicures

Come get your nails done. Manicures are available at Brookview, Thursdays at 1 p.m.; Grace Unit, Tuesdays at 9:30 a.m.; and Watson Unit, Tuesdays at 2 p.m.



Nails, nails, nails!

American Heart Month



February is American Heart Month. The American Heart Association aims to debunk some myths about cardiovascular disease, our nation's leading cause of death:

Myth: If you have high blood pressure, you'll know it.

Fact: High blood pressure is called "the silent killer" because it typically has no symptoms. Untreated, high blood pressure can cause heart attack, stroke, kidney damage and other problems.

Myth: Heart attacks always cause chest pain.

Fact: Heart attacks may cause chest pain, but other possible symptoms include shortness of breath, nausea, lightheadedness and pain in one or both arms, jaw, neck or back.

Myth: You can't avoid heart disease if it runs in your family.

Fact: Even if you have a family history of heart disease, smart lifestyle choices can go a long way toward preventing it. Exercise regularly, maintain a healthy weight, don't smoke, and keep your blood pressure, cholesterol and blood sugar levels under control.

Myth: Leg pain has nothing to do with the heart.

Fact: Leg pain could be a sign of peripheral artery disease, a result of blocked arteries in the legs caused by plaque buildup. This condition raises one's risk of heart attack or stroke.



Residents Make Christmas Ornaments

Residents celebrated the holiday season by making Christmas ornaments filled with snow.



Roberta Stables, Barbara Remington, Helen Baker and Patsy Pugh

Resident Holds Her Great-Great-Granddaughter



Mary Crowder, a Lee Unit resident, recently visited with family during the holiday season. Mary was able to hold her great-great-granddaughter.

Tea Party



Residents recently had a tea party.



Tommy Chambers, Pumpkin and Hildred Gobble



Estherlyn Young and Ester Sims



Louise Randolph

It's a Process



Mr. Shook shells pecans. He enjoyed shelling pecans on his front porch before coming to Brookview.



Mr. Shook holds the result of all his shelled pecans. Bessie Ransome made this pecan pie from Mr. Shook's pecans.

Valentine's Day Memories



Lucy Bailey's husband gave her a Lincoln car one Valentine's Day.



Mr. Clingenpeel and his wife used to grow over a hundred rose bushes. They would give out the roses to anyone who had a special occasion.






Mardi Gras

Mardi Gras is French for "Fat Tuesday." It's the last opportunity for indulgence in food & drink before Lent. It falls on any Tuesday between Feb. 3 & March 9, ending on the beginning of Lent. Throughout the history of Europe there is evidence of the celebration of Mardi Gras. The New Orleans version descended most directly from France. Under French rule, masked balls and private parties flourished but were later prohibited by the Spanish governors. The ban continued until the Creole populace prevailed upon the American governors, & by 1823 balls were again permitted & street masking was legalized in 1827. Since then Mardi Gras has been a tradition in the U.S. & around the world.



February 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 
3	4	5 Howard Ferguson & Elfriede Jones	6	7	8	9 Loretta Reardon & Barbara Remington
10	11 Patricia Smiley	12	13	14 	15 Joan Neihouse	16 William Pollard
17 Ruth Spencer	18 Presidents' Day	19	20 Estelle Peck	21	22 Josephine Valente & Rosa Lee Hurt	23 Betty Queensberry & Virginia Carwile
24	25	26	27 Frances Pipjunge	28 Mary A. Lynn		



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|-----------|-----------|
| Arrow | Heart |
| Candy | Hug |
| Card | Kiss |
| Cupid | Love |
| February | Red |
| Flowers | Roses |
| Friends | Sweet |
| Groundhog | Valentine |

G	V	A	L	E	N	T	I	N	E	F	D	R	A	C
O	F	R	U	O	X	C	O	S	R	E	W	O	L	F
H	E	P	J	V	V	R	Q	P	B	A	S	A	R	
D	E	W	R	D	N	E	R	I	C	R	J	E	F	I
N	K	A	N	S	B	B	I	X	R	U	C	S	J	E
U	X	D	R	I	N	F	U	O	S	A	P	X	O	N
O	R	L	S	T	A	K	W	V	N	R	B	I	K	D
R	X	I	L	I	E	T	O	D	E	Y	G	M	D	S
G	U	H	H	T	L	E	Y	S	A	F	H	C	T	O
S	F	C	P	D	I	U	W	S	Z	K	D	E	M	R
G	F	O	B	X	Y	I	V	S	I	U	T	K	K	P
U	K	Y	Z	S	B	D	R	K	S	T	J	C	K	K
W	W	Z	K	U	B	L	I	D	U	I	G	O	B	X
C	E	Z	X	P	X	F	H	K	B	U	K	C	A	A